

## Rec-Mode Fitness & Boxing - Silver Spring

silver spring

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*silver spring*

### *Rec-Mode Fitness & Boxing - Silver Spring*

#### Discover Rec-Mode Fitness & Boxing in Silver Spring, Maryland

If you're searching for a gym that caters to all fitness levels, embraces diversity, and fosters a family-friendly environment, look no further than **Rec-Mode Fitness & Boxing** in Silver Spring, Maryland. This establishment proudly identifies as both **Black-owned** and **veteran-owned**, offering a welcoming space for the entire community.

#### A Gym for Everyone

At Rec-Mode, inclusivity is key. The gym is known for being **LGBTQ+ friendly**, creating a safe and supportive atmosphere for all individuals. Additionally, it features a **wheelchair-accessible car park**, ensuring that everyone has easy access to the facility.

## Online Classes for Convenience

In today's fast-paced world, flexibility is essential. Rec-Mode offers **online classes**, making it easier for members to stay active from the comfort of their homes or whenever their schedules allow. This feature enhances **accessibility** for everyone, including busy parents and working professionals.

## A Transgender Safe Space

This gym goes above and beyond to ensure that all members feel secure and included. As a **transgender safe space**, Rec-Mode allows individuals to express themselves freely and focus on their fitness goals without fear of judgment.

## What Members are Saying

Feedback from the Rec-Mode community speaks volumes about the positive atmosphere:

"The staff are amazing and create a family-oriented environment." - A happy member  
"I always feel welcomed and motivated to come back for more!" - A frequent visitor  
"Great for kids and adults; an excellent place to learn boxing techniques!" - A parent who values the youth program

## Why Choose Rec-Mode?

Rec-Mode is not just about physical fitness—it's about community. Members often mention how the gym provides a **fun, warm, and non-judgmental place** to work out. Whether you are an experienced boxer or just starting your journey, the supportive crowd will keep you motivated.

Coaches like **Coach Dave and Coach Chris** are frequently praised for their engaging teaching styles and ability to connect with everyone from children to adults. The small class sizes enable personalized attention, fostering an environment where goals can be achieved effectively.

## Join the Rec-Mode Family

If you're ready to transform your fitness journey, consider making Rec-Mode Fitness & Boxing your new home. With excellent facilities, welcoming staff, and a commitment to inclusivity, it's no wonder so many members feel empowered

and motivated after each visit.

Stop by today and experience the unique atmosphere for yourself. You might just find your new fitness family at Rec-Mode!

### **We are found at**

11308 Grandview Ave, 20902 Silver Spring, Maryland - United States (US)

The phone number of this **Gym** is +1240-833-8932

And if you want to send a WhatsApp, you can do so at +1240-833-8932

### **Our service hours are:**

Day	Hours
Monday	9?AM–3?PM
Tuesday	Closed
Wednesday	9?AM–8?PM
Thursday	9?AM–8?PM
Friday	9?AM–8?PM
Saturday	9?AM–8?PM
Sunday	9?AM–8?PM

The website is Rec-Mode Fitness & Boxing

If you require to alter any detail that you consider is not precise concerning this web, we kindly request send a message and we will handle it at the earliest convenience. Thanks beforehand thanks for your cooperation.

## **Images**

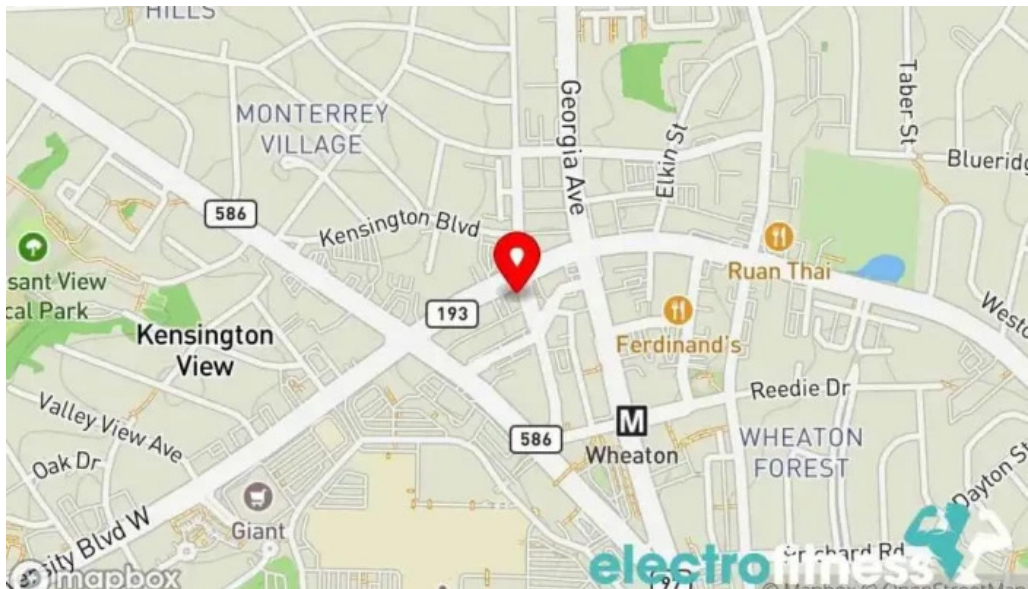


*Rec mode fitness boxing street view 360deg*



*Rec mode fitness boxing silver spring*





*Rec mode fitness boxing map*



*Rec mode fitness boxing gym*



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## Tags

*Identifies as Black-owned, Wheelchair-accessible car park, Crowd, Service options, Accessibility, Online classes, Identifies as veteran-owned, From the business, Transgender safe space, LGBTQ+ friendly*

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rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
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weightlifting area
wellness center
wellness program
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